

What is claimed is:

1 1. A compact self-ballasted fluorescent lamp comprising:
2 an arc tube made of a glass tube that has a turning part,
3 and of electrodes sealed in ends of the glass tube, the electrodes
4 being each equipped with a respective one of filament coils;
5 a holder that is provided with insertion openings and holds
6 the arc tube so that the ends of the glass tube are inserted
7 through the respective insertion openings and that the filament
8 coils are positioned inside the holder; and
9 heat-dissipating members provided for two places that are
10 respectively between an outer surface of the glass tube and
11 an inner surface of the holder, each of the places corresponding
12 to a different one of the filament coils.

1 2. The compact self-ballasted fluorescent lamp of Claim
2 1, wherein
3 the glass tube has two spiral parts wound around a
4 predetermined axis from the turning part to the ends of the
5 glass tube, to form a double-spiral configuration.

1 3. The compact self-ballasted fluorescent lamp of Claim
2 1, wherein
3 the heat-dissipating members are provided along an orbit
4 in which the ends of the glass tube are inserted.

1 4. The compact self-ballasted fluorescent lamp of Claim
2 1, wherein
3 the heat-dissipating members are provided to make
4 allowance for positional variation of the filament coils, the
5 positional variation being incident to fixing of the arc tube
6 to the holder.

1 5. The compact self-ballasted fluorescent lamp of Claim
2 1, wherein
3 the holder includes: a holding member with a cylindrical
4 shape having an end wall, the end wall being provided with the
5 insertion openings; and a resin cover fit to an outer surface
6 of a circumferential wall of the holding member, and
7 the heat-dissipating members are provided on inner
8 surfaces of the end wall and of the circumferential wall, in
9 the holding member.

1 6. The compact self-ballasted fluorescent lamp of Claim
2 1, wherein
3 each of the places is provided with one heat-dissipating
4 member, and
5 a connecting member connects the two heat-dissipating
6 members.

1 7. The compact self-ballasted fluorescent lamp of Claim

2 6, wherein

3 the two heat-dissipating members are integrated with the
4 connecting member into one piece, and the piece is made of a
5 thin metal plate.

1 8. The compact self-ballasted fluorescent lamp of Claim
2 5, further comprising:

3 a heat-insulation layer provided between the
4 circumferential wall of the holding member and the resin cover,
5 and at position corresponding to where the filament coils are.

1 9. The compact self-ballasted fluorescent lamp of Claim
2 8, wherein

3 the heat-insulation layer is a gap formed between the
4 circumferential wall and the resin cover, the gap having a width
5 of in a range of 0.5 mm to 1.0 mm inclusive and being filled
6 with air.

1 10. The compact self-ballasted fluorescent lamp of Claim
2 8, wherein

3 the heat-insulation layer is a metal plate whose thickness
4 is in a range of 0.4 mm to 0.9 mm inclusive.

1 11. The compact self-ballasted fluorescent lamp of Claim
2 8, wherein

3 the heat-insulation layer is provided to make allowance
4 for positional variation of the filament coils, the positional
5 variation being incident to fixing of the arc tube to the holder.